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LOVE ENDS IN PAIN
AND HURT
TAYLOR SWIFT ON HER
NEW ALBUM {page 12}



**COSTLY
SPLIT MIGHT RUN
COX \$50M
DISH** {page 17}



OTTAWA

metro®

Tuesday, October 26, 2010
www.metronews.ca



News worth sharing.

MARC DESROSIERS/FOR METRO



► Watson defeats incumbent Larry O'Brien with more than double the votes
► New-look council will feature eight new faces {pages 3, 4}

► Mayor-elect Jim Watson celebrates with his supporters last night.

News
**PM recalls
Ukraine
genocide**

► Harper pays tribute to
victims of Holodomor
► Ringleader of Toronto 18
terror group gets 16 years
{page 8}



**Slumping
Senators
getting
back to
basics**

Club out to change
fortunes after
a stumbling
2-5-1 start {page 23}

**Carlos Leon's
body bible**

Madonna's ex gets intense with
fitness training {page 18}

**One fantastic
super-family**

Michael Chiklis revisits
superpower genre {page 15}

**Make taxes
less taxing**

A little preparation can pay off
when tax time comes {page 22}

NOVEMBER CLASSES SEATS STILL AVAILABLE!

Paralegal *next class start Nov 15*

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician *Wait list only! Call for options.*

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



Personal Support Worker

next class start Nov 8

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant *next class start Nov 22*

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

next class start Nov 22

NEW
program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

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next class start Nov 8

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This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

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Winners by ward

1 – Orleans
Bob Monette* (59.99%)

2 – Innes
Rainer Bloess* (69.9%)

3 – Barrhaven
Jan Harder* (66.31%)

4 – Kanata North
Marianne Wilkinson* (50.49%)

5 – West Carleton–March
Eli El-Chantiry* (77.4%)

6 – Stittsville
Shad Qadri* (91.46%)

7 – Bay
Mark Taylor (38.26%)

8 – College
Rick Chiarelli* (64.96%)

9 – Knoxdale-Merivale
Keith Egli (30.68%)

10 – Gloucester-Southgate
Diane Deans* (48.48%)

11 – Beacon Hill–Cyrville
Michel Bellemare* (47.58%)

12 – Rideau-Vanier
Georges Bédard* (44.84%)

13 – Rideau-Rockcliffe
Peter Clark (25.84%)

14 – Somerset
Diane Holmes* (66.51%)

15 – Kitchissippi
Katherine Hobbs (44.18%)

16 – River
Maria McRae* (59.55%)

17 – Capital
David Chernushenko (41.34%)

18 – Alta Vista
Peter Hume* (59.49%)

19 – Cumberland
Stephen Blais (52.36%)

20 – Osgoode
Doug Thompson* (67.26 %)

21 – Rideau-Goulbourn
Scott Moffatt (52.64%)

22 – Gloucester-South Nepean
Steve Desroches* (84.40%)

23 – Kanata South
Allan Hubley (48.80%)

* Denotes incumbent
Results as of press time



MARC DESROSIERS/FOR METRO

1**news**

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Watson back at city hall

► Former provincial minister of municipal affairs returns to mayor's office ► 49-year-old becomes the 59th mayor in Ottawa's history

In the end, the 2010 mayoral vote in the City of Ottawa wasn't even close.

Jim Watson was the winner by a landslide, picking up more than 48 per cent of the total votes over incumbent Larry O'Brien (24 per cent) and Clive Doucet (nearly 15 per cent).

Any curiosity over who would win the race for the mayor's chair was snuffed out quickly as Watson was unofficially declared the

Second time around

- Watson was first elected to public office as city councillor for Capital Ward from 1991-1997.
- In 1997, Watson sought election as mayor of Ottawa, winning 83 per cent of the popular vote to become Ottawa's 56th mayor.
- His 2010 campaign

winner about 30 minutes

committee consisted of five full-time employees and more than 800 volunteers.

- Team Watson put up 8,000 lawn signs and 2,000 large signs around the city.
- Watson estimated that he knocked on more than 30,000 doors during his 10-month campaign, which began in January of this year.

after the polls closed yes-

terday evening.

"It's good to be back home," Watson said from his election night headquarters at the Ukrainian Hall on Byron Avenue.

"The people of Ottawa have voted for change in a very big way. I thank you for your confidence in my leadership. This is a real honour for me."

Watson begins his second go-around as the mayor of Ottawa on Dec. 1.

● MIKE BEASLEY

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Irish lament for Larry O'Brien

► O'Brien points to Lansdowne Park and other large projects as setting the stage for Ottawa's success

 PETER MCCARTNEY
OTTAWA@METRONEWS.CA

Although Larry O'Brien's supporters had hoped for a victory party, he announced last night they'd have to settle for an Irish wake.

"Ottawa's in good hands with Jim Watson," he said.

Regardless, supporters showered him with cheers in a happy farewell.

"I want to commit to all

"It's a little bit bittersweet. There's a lot to a campaign, it's a rugged process."
LARRY O'BRIEN

of you that this has gone past being a political campaign. This is now friends, a friendship I hope will last for eternity," said O'Brien to the crowd.

Many of those friends

greeted him with hugs and handshakes as he walked off the stage.

"I'm just feeling proud that he fought a very nice campaign," said supporter Tony Mariani. "I think there's a lot of respect between the two."

As he addressed the city, O'Brien thanked them for his 2006 victory and opportunity to be mayor.

"Thank you Ottawa," he said, "(for) the most exciting four years of my life."

Doucet holds head high after election loss

Dozens of supporters for Clive Doucet, young and old, burst into loud cheers and applause as the candidate entered his crowded campaign office last night after watching the results of the election unfold on screen.

Doucet got about 14.9 per cent of the votes in last night's election.

"We didn't lose, we just didn't win," he told the bustling crowd of supporters. There was an unending positive energy throughout the crowd as people were smiling and the wine was flowing.

A proud Julian Doucet was there, along with other family members, to show support.

"I think if we had one



more week we would have seen very different re-

"I was in this to be the next mayor of Ottawa with a different vision, with a different way of governing us." CLIVE DOUCET

sults," said Julian, Doucet's son.

Doucet said he felt he had a good chance of becoming the next mayor.

"I honestly thought he had a chance," said Doucet supporter Brad Morehouse. "He may have lost but he's really gracious ... he's really honest, to the heart, and he's just a really good guy."

• JOE LOFARO

Man dies in hydro pole collision

A male driver died at the scene of a single-vehicle collision in west Ottawa yesterday.

Just before 10 a.m., a car struck a hydro pole in the 2000 block of Carp Road near Rothbourne Road. He was declared deceased at scene by paramedics at 10:30 a.m. The identity of the victim is not being released pending notification of next of kin. Police are investigating. • TRACEY TONG

Rollover puts man in hospital

A 53-year-old man suffered serious back and chest injuries in a rollover collision on Highway 174 near the Jeanne d'Arc Boulevard exit yesterday. The single-vehicle collision, which happened just before 11:30 a.m., rendered the man, who was the sole occupant of the vehicle, unconscious. He is in serious but stable condition in hospital. Police are investigating the collision. • TRACEY TONG

Charges laid in shooting

Police said yesterday they charged a 38-year-old man in relation to a shooting incident that occurred in the 1900 block of Merivale Road on Sunday. At 2:10 a.m., police responded to a fight call where shots were fired. Paramedics treated a 37-year-old male with a non-life-threatening gunshot wound to his lower right leg. Timothy James Gray faces 19 criminal offences. • TRACEY TONG

Election. Polls



TRACEY TONG/METRO

Decision day for Ottawa voters

Voters came out to 327 locations across Ottawa over 10 hours yesterday. The city clerk releases official election results Thursday. During this interim period, an external auditor reviews and assesses the internal systems and procedures developed by the elections staff to ensure all votes cast on the advance vote days and on voting day are accurate.

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Bangkok hosts tattoo festival

Thousands of tattoo fans gathered to see the work of dozens of international tattoo artists and share their common love of body art. The event brought together artists from Asia, Europe and America and showcased body art from different cultures.

California puts weed to a vote

► Move to legalize marijuana comes amid reports that laws target blacks ► Proposition 19 gains support

The state of California could vote next week to legalize, regulate and tax marijuana, a move that some suggest could not only blaze a trail for more liberal weed laws across the country but also obliterate a longtime racial injustice.

A recent study found that from 2006 to 2008, police in 25 of the state's major cities arrested blacks at four to 12 times the rate of whites. That's despite several federal government studies that suggest fewer African-Americans smoke

\$100,000
Facebook co-founder Sean Parker recently contributed \$100,000 US to the campaign for Proposition 19.

liance, concluded that marijuana arrests are racially biased because police focus on high-crime, low-income neighbourhoods often populated by African-Americans.

Such revelations have prompted the American Civil Liberties Union to push for passage of Proposition 19, a measure that would make it legal for any Californian over the age of 21 to possess an ounce, or 28 grams, of marijuana.

THE CANADIAN PRESS

marijuana than whites. The study, conducted by the California chapter of the National Association for the Advancement of Colored People (NAACP) and the pro-legalization group, Drug Policy Al-

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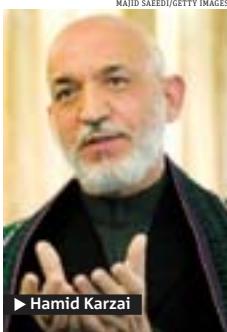
Iran gives Afghanistan bags of money: Karzai

Afghan President Hamid Karzai said yesterday that once or twice a year, Iran gives his office \$700,000 to \$975,000 for official presidential expenses and that Washington also provides "bags of money" because his office lacks funds.

Karzai's comments come a day after the New York Times reported that Iran was giving bags of cash to the president's chief of staff, Umar Daudzai, to buy his loyalty and promote Iranian interests in Afghanistan.

The Times quoted unnamed sources as saying the cash amounted to a slush fund that Karzai and Daudzai had used to pay Afghan lawmakers, tribal elders — and even Taliban commanders — to secure their loyalty.

Karzai told reporters yesterday that he had instructed



ed Daudzai, a former ambassador to Iran, to accept the money from Tehran.

He added that several nations have given money to his office — the first being the United Arab Emirates, which provided \$1.5 million nine years ago when Afghanistan's interim government was formed.

THE ASSOCIATED PRESS

Currying favour

Karzai did not offer details about how the money was spent, saying only that it was used to "help the presidential office" and to "dispense assistance" to certain individuals.

► Karzai said this was not hidden. "We are grateful for the Iranians' help in this regard. The United States is doing the same thing. They are providing cash to some of our offices."

► In Washington Pentagon press secretary Geoff Morrell said he was not surprised that Karzai's office was receiving money from Iran, which he said was playing a destabilizing role in Afghanistan and "walking both sides of the street."

Cholera risk calms: Officials

Military to review its use of firm

Robber faces death penalty

A cholera outbreak that has killed more than 250 people in rural Haiti is stabilizing, health officials said yesterday, as aid groups and the government race to prevent it from spreading to the capital's squalid camps of earthquake survivors.

The outbreak was expected to continue spreading, but aid groups and the government said a drop in the death rate and the number of new cases suggested it could progress more gradually than feared.

THE ASSOCIATED PRESS

The Canadian military has acknowledged using an unlicensed private security firm to guard one of its forward operating bases.

Task Force Kandahar conducted a review of its private security contracts following a decree earlier this year by Afghan President Hamid Karzai banning most firms from operating in the country after Dec. 17.

Lt.-Col. Tim Marcella says the military is working with the company to get it registered ahead of the deadline, which would allow it to keep operating.

THE CANADIAN PRESS

Jury selection began yesterday in the trial of a karate instructor charged with leading a group of armed men dressed as ninjas in robbing the home of a wealthy couple and killing the pair as their nine special-needs children cowered or slept nearby.

Leonard Patrick Gonzalez Jr., 36, could get the death penalty if convicted of organizing the break-in at Byrd and Melanie Billings' home in a rural area near Pensacola on the night of July 9, 2009. Jury selection is expected to take about two days.

THE CANADIAN PRESS

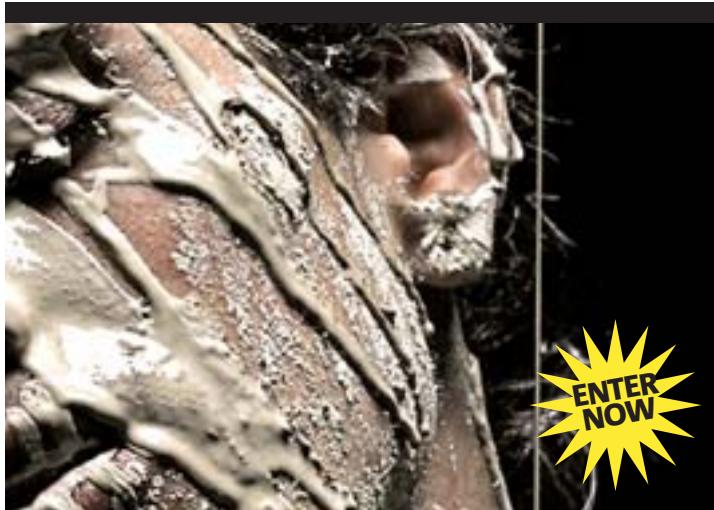
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SHAUN SIMPSON

Muddy magic

Today's photo of the day is by Canadian Shaun Simpson and was submitted in the Emotions category. The photo is titled: The Porcelain People I. Enter your photos today and view more pictures at metrophotochallenge.ca.



Hiccup girl charged after fatal robbery

► Police allege Mee, now 19, lured a man to a vacant home, where her friends stole less than \$50 and shot him

An uncontrollable case of the hiccups brought an odd sort of fame to Jennifer Mee, who was 15 when she appeared on television morning shows trying to find a cure for her mysterious affliction.

Five weeks later they stopped and the media attention mostly disappeared — until this week, when Mee, now 19, was charged with first-degree murder after police said she met a 22-year-old man online and lured him to a vacant home where two of her friends robbed and shot him.

Mee's journey into the



► Jennifer Mee at 15.

spotlight began in January 2007, at Northeast High School in St. Petersburg. That's when Mee got the

hiccups and spent five hours in the nurse's office.

Her unusual condition landed her on NBC's Today Show. But her life seemed to fall into disarray when the hiccups stopped five weeks after they started. She ran away from home twice and her family has sued a hiccup cure company for allegedly using her image without permission.

"I've said for a while now, her case of the hiccups ... was a curse of the hiccups," Mee's mother, Rachel Robidoux, told 93.3 WFLZ in Tampa yesterday.

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AIDS AWARENESS

Church giving out condoms

A Catholic church in the central Swiss city of Lucerne has sparked controversy among believers with an AIDS-awareness campaign that involves distributing to teenagers condoms bearing the slogan "protect thy neighbour as thyself."

The church plans to hand out 3,000 condoms as part of an effort to en-

gage young people turned off by the Vatican's long-standing opposition to the use of condoms.

Spokesman Florian Flohr says the campaign has drawn mostly positive reactions but some Catholics have expressed concern.

Officials at the diocese of Basel didn't immediately respond Monday to requests for comment. A spokesman in the neighbouring diocese of Chur was quoted by Swiss television SF1 describing the condom campaign as "a mistake."

THE ASSOCIATED PRESS

N.J. gets tough on bullying

New Jersey lawmakers have introduced a bill to toughen the state's anti-bullying laws after the widely publicized suicide of a Rutgers University student.

The "anti-bullying bill of rights" targets public schools and colleges, and would require school districts to establish anti-bullying programs and require training for staff in suicide prevention.

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PM marks genocide

► Ukrainian leader Viktor Yanukovych conceded the event was 'Stalinist' crime

Prime Minister Stephen Harper tackled the sensitive subject of the Ukrainian genocide and the country's faltering human-rights record during talks with his counterpart yesterday. Harper was asked to comment on recent attempts by the government of Viktor Yanukovych to control the country's media, and the intimidation of students, academics and historians by police.

"I raised those matters and raised them both generally and in some detail with

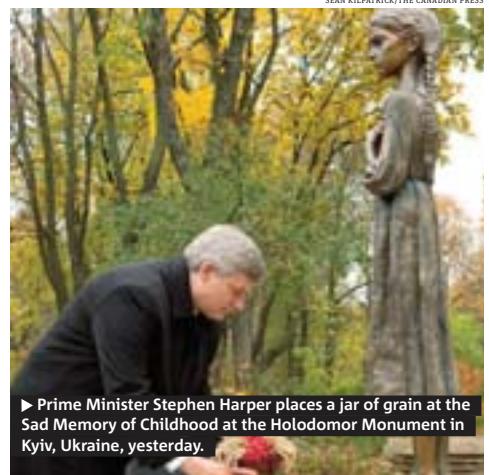
President

"It's a striking monument that reminds us all of the really terrible events in history — one of the great crimes of history — the Holodomor."

PRIME MINISTER STEPHEN HARPER

Yanukovych. I won't get into any more detail, other than to say that I appreciate the president's firm commitments publicly," Harper said.

THE CANADIAN PRESS



► Prime Minister Stephen Harper places a jar of grain at the Sad Memory of Childhood at the Holodomor Monument in Kyiv, Ukraine, yesterday.

Toronto 18 ringleader gets 16 years

The ringleader of the so-called Toronto 18, who told recruits the group would storm Parliament and "cut off some heads," has been sentenced to 16 years in prison.

Court heard weeks of evidence that Fahim Ah-

mad, 26, plotted to attack Parliament buildings, electrical grids and nuclear stations, and that he held training camps to assess recruits. At one point, an undercover police officer in a surveillance van intercepted Ahmad suggesting

going to Parliament to "cut off some heads" and "kill everybody."

Ahmad has a credit of 8½ years for time served and is eligible for parole in 3½ years. The Crown had suggested 18 years to life in prison, while the de-

fence was asking for about 12 years. Ahmad had pleaded guilty mid-trial to participating in a terrorist group, importing firearms and instructing his co-accused to carry out an activity for a terrorist group.

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FALL OPEN HOUSE



► Tesla Roadster owner Takao Ozawa with his electric sports car in Tokyo.

ITSU INOUYE/THE ASSOCIATED PRESS

Teslas find their way to Tokyo

Tesla, the U.S. maker of electric sportscars, opened its first Asian showroom yesterday in a fashionable Tokyo neighbourhood, hoping to woo rich buyers before eventually widening its appeal with cheaper models. Entrepreneur Takao Ozawa, who drives Japan's first Tesla electric car, loves the quick, gearless and silent acceleration of his Tesla, but only uses it for commuting and relies on his gas engine Citroen for trips.

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OIL	+ 83¢ US (\$82.52 US)
TSX	+ 62.40 (12,663.58)

0.4%
Economists expect Britain's GDP growth to slow sharply to around 0.4 per cent, after a 1.2 per cent gain in the second quarter thanks to construction activity.

Slow economic recovery a worry: Flaherty

- Countries in G20 aim to stop currency devaluations
- G20 represents about 85% of the global economy

Finance Minister Jim Flaherty says Canada is apprehensive about the slowing and uneven pace of global recovery despite having weathered the recession relatively well.

He says it's essential the G20 follow through in implementing its package of global reforms and work hard to ensure the world economy remains on "a sustainable path."

Flaherty also warned that demand in advanced economies is expected to be subdued as consumer and investor confidence remains weak due to rising unemployment, uncertainty in financial markets and concerns over fiscal sustainability.

On Saturday, the G20 countries vowed to avoid potentially debilitating currency devaluations, aiming to quell trade tensions that could threaten the global recovery.

The agreement came amid fears that countries were on the verge of a so-called currency war in which they would devalue currencies to gain an export advantage over competitors — causing a rise in protectionism and damaging the global economy.

The agreement, though vague on enforcement and long on promises, was hailed by officials and analysts as a step forward in defusing tensions.

THE CANADIAN PRESS

Who's in it:

The G20 is made up of a wide range of countries at various stages of development.

► **G7 members** Besides the U.S., the G7 includes the other members of the Group of Seven advanced nations, the traditional driver of the global economy.

► **New heavyweights** Fast-rising China, India and Brazil, as well as traditional global political heavyweight Russia are members as are major commodity producers Saudi Arabia and Australia.

Bank on stimulus: British official

The Bank of England is unlikely to withdraw economic stimulus yet as the recovery from recession remains "bumpy and uneven," a senior policymaker said yesterday.

Even as Prime Minister David Cameron talked up the country's economic prospects as part of plans to replace tens of thousands of public sector jobs lost because of harsh spending cuts, Bank of England deputy governor Paul Tucker said "the headwinds remain reasonably strong."

"Earlier in the year I had expected, half expected perhaps, that by this time in the year the Bank



► David Cameron

lobby group.

"That seems to me, in terms of my own personal vote, rather less likely now than it was."

The central bank has been faced with the difficult — and conflicting — task of dealing with surging inflation and a stuttering economic recovery since bringing interest rates down to a record low of 0.5 per cent 19 months ago.

With little room left to cut rates, the bank kicked off its so-called quantitative easing program to buy assets and increase the amount of money in the economy early last year. THE ASSOCIATED PRESS

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FRIGHTENING COSTUME CLICHÉS TO AVOID

She says ...

JESSICA NAPIER



Halloween is one of those annual events I just love to hate.

Every year, I experience a childlike excitement as I indulge in not-so-sinful bite-sized chocolate bars and watch homemade haunted houses sprout up on lawns around my neighbourhood. But my delight in all the tacky accoutrements of this devilish day is always offset by the horror of heinous costume crimes on the night of the 31st.

Dress-up offences usually come in three forms: Animals in costume; racially charged characters; and the slutty nurse.

First of all, please stop forcing your pets into obnoxious critter costumes. Your extremely cooperative cats and dogs are not

amused and you're only embarrassing yourself. I cringe every time I see a poor creature outfit in some sort of "adorable" Halloween outfit. Next time you're bored at work, do a quick Google image search on "Why dogs hate Halloween" and you'll see what I'm talking about.

Next up, the tricky terrain of playing race-card dress-up. Here is a simple rule of thumb for all of you considering a costume that involves a change in ethnicity: Don't do it. Just because it's Halloween doesn't make it excusable. No matter how hilarious you think your version of Old Spice

Guy will be, you are going to offend someone. Blackface is never a good idea.

And finally, the worst costume offence of them all — the slutty nurse. Of course, by "slutty nurse" I really mean the slutty cat, slutty pirate, slutty cop and all the other frighteningly revealing outfits that have become such an unavoidable part of Halloween.

Did I miss something? When did we get together and decide that from age 16 onwards all female costumes have to be promiscuous?

Every year, no matter how you choose to celebrate this

spook-tacular day, you will inevitably encounter a group of creepy guys in store-bought costumes ogling nearly naked cowgirls and sexy sailors.

Not only are these over-sexed ensembles predictable and unimaginative — they're also seriously impractical. Guess what ladies? We live in Canada. The average late October nighttime temperature usually hovers around the freezing mark. It's too cold to go outside wearing a barely there leotard and animal ears.

I'm begging you, stop putting the trick in trick or treat and dream up an original costume for a change.

 **Read more of Jessica Napier's columns at metroneWS.ca/shesays**

Cartoon

MICHAEL DE ADDER



IF VETERANS AFFAIRS WAS ON THE BEACH ON D-DAY:



Worth mentioning

Just how mini can a miniskirt be?

The mayor of a small Italian town wants law enforcement officials, and not fashion gurus, to be the ones to decide.

The mayor of the southern seaside town of Castellammare di Stabia got his way yesterday when city council approved a ban on football games in public parks and squares, blasphemy out loud, and "very skimpy clothes," the ANSA news agency reported.

Conservative Mayor Luigi Bobbio said miniskirts and other provocative outfits will still be allowed as long as

Fine clothing or fined for clothing?

THE ASSOCIATED PRESS FILE



they are not too revealing.

"It's a matter of common sense, of common decency," he told The Associated Press.

A handful of local female politicians protested in front of the town's city hall during yesterday's vote, but few, if any, wore miniskirts.

The measures also include a ban on playing

football in public spaces

— Bobbio says these games often turn into fights — sunbathing or undressing in town, blasphemy and foul language in general. Men cannot go around shirtless, the rules say.

Violations can be punished with a fine of up to \$700 US.

THE CANADIAN PRESS

What's your favourite Halloween costume?

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Metro Minute at heritage museum

Take a private tour of the Cumberland Heritage Village Museum. Although it's closed for the season, there are still plenty of events going on at the museum, located 30 minutes east of downtown Ottawa, through February.

The site features buildings depicting residential and agricultural architecture and public buildings

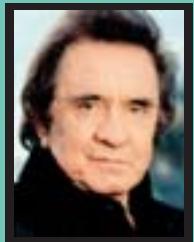
including a one-room schoolhouse, fire hall, church and community hall, a Canadian National railway station and caboose, a working sawmill and an Imperial garage.

For a private tour, call 613-833-3059. The next event is a vintage Halloween party from 11 a.m. to 4 p.m. Sunday.

• TRACEY TONG



► Animals, including bunnies, pigs and chickens, call the museum their home.



The man in black will be bringing in some green when Johnny Cash's guitars, costumes, handwritten lyrics and personal belongings go on the auction block.

The embroidered blue jumpsuit Cash wore to rehearse for his infamous performance at San Quentin State Prison is expected to fetch \$3,000 to \$5,000. Also up for sale are vintage guitars, a harmonica, Cash's passport and briefcase, and handwritten lyrics, notes and poems.

THE ASSOCIATED PRESS



There is a little more spice this season on Sandra Lee's *Semi-Homemade Cooking*, with Cuomo running for N.Y. governor



► Singer Taylor Swift purchases her new album *Speak Now* at the Times Square Starbucks yesterday in New York City.

KEITH BEDFORD/STARBUCKS/GETTY IMAGES

Breaking up is hard to do



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Taylor Swift is the first to admit she's grown up a lot in the past few years.

When she was still a high school student, Swift was more reckless in her relationships.

You can hear it in songs like *Fifteen* where she's eager to find love, jumping in head first without looking back. You can see it in the title of her second album — *Fearless*.

But now, at 20, she's more cautious — careful.

"As you experience love, as you experience more re-

lationships, you start to realize that sometimes, most times actually, love ends in goodbye," the singer-songwriter says about the songs from her third CD, *Speak Now*.

"Love ends in pain and hurt, whether you've gone through it, or you see your parents go through it or you see your family and friends go through it," she says.

"Every time there's an argument or an issue in that new relationship we have those ghosts pop up in our rear view mirror of all the times love hasn't worked out before. (The song) *Mine* is about ... if

you want to overcome all that, if you want to make a relationship work, you have to block out those ghosts in the rear view mirror and those voices saying this is going to end like all the rest of them did."

Swift is on the phone from Nashville, where she's undergoing an endless stream of 10-minute interviews in the carefully orchestrated buildup to release of *Speak Now*, which hit record stores across the continent yesterday.

She's chatty and, at times, playful. Her answers are well thought-out, spoken in complete

sentences. She's opening up her deepest feelings to a complete stranger, but still guarded about the details.

All her fans seem to be aware of her past love interests, which include pop rocker Joe Jonas and Twilight actor Taylor Lautner. But still, she won't attach names to the songs. She's being careful.

The toughest track for Swift to write was *Innocent*.

It's about Kanye West, the bad boy rapper who humiliated Swift at the 2009 MTV Video Music Awards by interrupting her acceptance speech.

"You've made a rebel out of a careless man's careful daughter"

FROM TAYLOR SWIFT'S LATEST HIT SINGLE, *MINE*

"There are some songs that take 30 minutes to write and there are some songs that take six months to write," she explains.

"When things really intensely affect me emotionally, sometimes knowing what to think, knowing what to say, and knowing how to feel take a very long time to determine."

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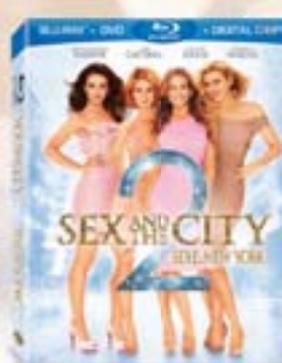


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metro

News worth sharing.

Canines inspire OK Go

► Band's video for White Knuckles seen by millions ► It took 124 attempts, with a mix of human and animal error causing lost takes ► Aim is to have basic activities going in sync

OK Go has gone and done it: it turned the band's White Knuckles video into a dog fest of a YouTube sensation, and with a little help from a goat.

The video received a million hits in a day after it debuted on The Ellen DeGeneres Show and was posted online Sept. 20.

Sure, the band's popular, but this time it owes a debt to Riot, Spike, Justice, Jury, Sequel, Zuni, Kash, Bunny, Peanut, Tin Tin, Kobia and Dazzle. And Ranger, a feisty goat who makes a cameo pulling at a leash in the 3 1/2 minutes of bouncy music, frantic stacking of plastic buckets and canine tricks.

Fame came faster for White Knuckles than OK Go's Grammy-winning Here It Goes Again treadmill video, which has over 50 million hits in five years, said Bobbie Gale, the band's publicist.

Playing stagehands to the dogs are the band's Damian Kulash, Tim Nordwind, Dan Konopka and Andy Ross. Dressed in white from head to toe, they sing White Knuckles from their album Of the Blue Colour of the Sky as they twirl dogs in chairs and hoist them on planks, tables and into movable cubby holes by twos and threes. The band didn't want a bunch of stupid pet

tricks or one amazing dog, but a lot of dogs doing basic things together, said Kulash, the guitarist and lead singer.

"You take any two simple things and make them move in sync and suddenly they have personality. Something comes out of it. There is a gut emotional response to having things moving that way," he said.

OK Go should know.

The backyard, treadmill and animal dances were choreographed by Trish Sie, Kulash's sister. She and the band won a best short form music video Grammy as co-directors of the treadmill piece.

Before a performance at MTV's Video Music Awards, saying, "What has happened? What universe are we in?" But it begged the question, what are we going to do now?" Sie said.

That was the night they decided whatever it was, it would involve dogs. When the time came, she said the

dogs were the biggest challenge and the greatest reward. "Dogs don't understand the concept of a beat or an eight-count. It's all one big game to them," Sie said.

For example, Kobia does a high five in the video, she said. "The problem was

get-

it just once. He would run out and do it 20 times." They couldn't change his behaviour so they had to change their timing, she said.

The blueprint was drawn up a year ago during two weeks spent around a table in a

Los Ange-

house. The band and Sie met with Lauren Henry and Roland Sonnenburg of Talented Animals, playing with dogs and brainstorming. They decided to shoot in Corvallis, Ore., because Talented Animals has an office there, dogs and trainers were available and they had donated warehouse space. Kulash's own pet, a brown dog named Bunny, mixed it up with the four-pawed pros.

The dogs underwent two weeks of training. In the warehouse, humans used stuffed animals to rehearse. They built tables and furniture, painted

five-centimetre-by-20-centimetre (two-inch-by-eight-inch) boards and practised bucket building. The choreography included the trainers moving around the room to guide the dogs through each trick with hand or voice signals, clickers, toys and treats.

THE ASSOCIATED PRESS

Scissor Sisters cancel Euro tour dates

Glam pop band Scissor Sisters says it is cancelling tour dates in Europe due to "funding issues."

The New York-based quintet says it "has become impossible to make the tour work financially."

The band said in a statement posted on its website Monday that it was "very disappointed, but it is beyond anyone's control." The band didn't elaborate.

Refunds will be made for the nine shows in Denmark, Germany, the Netherlands, France, Luxembourg, Switzerland and Italy.

Their gigs in Britain are not affected.

The Scissor Sisters have become international stars with millions of records sold. Their debut album was released in 2004 and sold over 2.5 million copies, making it the biggest-selling album of the year.

THE ASSOCIATED PRESS

DVD Releases this week

Teasing at its best

Les Amours imaginaires (Heartbeats)

Genre: Drama

Director: Xavier Dolan

Stars: Xavier Dolan, Monia Chokri, Niels Schneider

★★★★½

Advance word on Heartbeats, the sophomore feature from Quebec wunderkind Xavier Dolan (*J'ai tué ma mère*), had it as a ménage à trois between Dolan's character Francis and friends Marie (Chokri) and Nicolas (Schneider).

This is a tease, but then so is the movie, in the best possible sense. It is true that Francis, Marie and Nicolas are never far from a bed, but the permutations of their passion take many forms that don't always add up to three.

Longtime pals Francis and Marie fall under the spell of Nicolas, a curly



blond Adonis type, whom they spot at a luncheon and wrongly assume to be something of a yokel. Nicolas is from the country and grins readily at many jokes, while Francis, who is gay, and Marie, who is straight, are sophisticated cynics from Montreal. It's not long, though, before both Francis and Marie are imagining themselves entangled with Nicolas, who is far shrewder and more calcu-

lating than he appears. He remains an obscure object of desire, making everyone guess as to what gets him off. Francis and Marie become increasingly determined to command his attention, marking time with one-nighters with other lovers who leave them unfulfilled and longing for Nicolas even more. With Heartbeats, Dolan defies cardiac arrest.

• PETER HOWELL

The Girl Who Played With Fire

Genre: Drama

Director: Daniel Alfredson

Stars: Noomi Rapace, Michael Nyqvist, Annika Hallin, Per Oscarsson

★★★

As often happens midway through dramatic trilogies, the story sags and the violence gets ramped up, as preparations are made for the grand finale.

It's no different with The Girl Who Played With



Fire, the second film adaptation of Stieg Larsson's Millennium Trilogy.

Noomi Rapace returns as Lisbeth Salander, and she's teamed again with

investigative reporter Mikael Blomkvist (Michael Nyqvist).

Salander is on the lam, framed for three murders that Blomkvist knows she didn't commit. An international sex-for-hire ring and a hulking villain straight out of a 007 film add further complications.

Director Daniel Alfredson made this for Swedish TV, and it shows. The grainy digital look suggests an impoverished budget. • PETER HOWELL

Winter's Bone

Genre: Drama

Director: Debra Granik

Stars: Jennifer Lawrence, John Hawkes

★★★

There are questions you don't ask and mysteries you don't try to solve in the Ozark Mountains hamlet where 17-year-old Ree Dolly (Jennifer Lawrence) lives with her impoverished family.

Failure to heed these

rules, as we learn almost by intuition in Debra Granik's forlorn anti-thriller, could get you beaten, or worse. But Ree needs to know what happened to her missing father. Winter's Bone, this year's Grand Jury Prize winner at Sundance, confirms Granik's affinity for difficult subjects and her knack for spotting new talent.

The film's dialogue is so



sparse and the plot is so lean, it requires acting of exemplary strength. The cast delivers in spades. • PETER HOWELL

TV picks

The Time Warp takes over Glee

In a week full of Halloween-themed episodes probably none will be as popular as Glee's, a take-off on The Rocky Horror Picture Show. Watch the cast sing Sweet Transvestite and the other classics. (Global) **THE CANADIAN PRESS**

Defeating the diagnosis

I Can't Do This, but I CAN Do That is a documentary about kids trying to deal with oft-misunderstood and misdiagnosed learning disabilities. It's helmed by Quinn Bradlee, who grew up with velo-cardio-facial syndrome but was able to overcome the physical symptoms and learning disabilities. (HBO Canada) **THE CANADIAN PRESS**

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Family transforms into Fantastic Four

► **Michael Chiklis reinvents himself for his new show No Ordinary Family** ► **Follows his role on The Shield**

The story has often been told, how Michael Chiklis reinvented himself from the schlubby suburban flatfoot of his early-1990s drama *The Commish* to a ferocious rogue cop on *The Shield*.

Chiklis won an Emmy and a Golden Globe for his performance in *The Shield*. It seemed Detective Vic Mackey was the role of his lifetime.

Hold on.

Returning to series TV two years after *The Shield* concluded its run with shock and awe, Chiklis has transformed himself again for his new show, *No Ordinary Family* (which airs on ABC Tuesdays at 8 p.m. ET). For Chiklis, this might be another signature role.

Here, he plays Jim Powell, who, when the series began last month, was a

meek family man overwhelmed by the demands of marriage and parenting two teens. Then, by a quirk of sci-fi fate, he acquired superstrength.

Meanwhile, Stephanie, his brilliant research-scientist wife (Julie Benz, Dexter), became superfast. Their 16-year-old daughter (Kay Panabaker) could read minds. And their 14-year-old learning-disabled son (Jimmy Bennett) was suddenly a supergenius.

Since then, complications have arisen for the Powells as the family dynamic is rocked to its core.

"I'm a little bit of a superhero geek," says Chiklis, which must have helped him rise to the occasion as craggy-complexioned The Thing in the 2005 feature film *Fantastic Four* and its sequel two

years later.

Of course, as Vic Mackey on *The Shield*, Chiklis was also an action hero. It seemed he was always in motion, even in rare moments at rest, his mind racing to plot his next move.

But that volatile performance was nothing like Jim Powell, who must hone such newfound skills as vaulting from the sidewalk to a towering rooftop (or, for Chiklis, mastering the necessary special-effects stunts).

"It's fun, jumping off a bridge or throwing a car down the street," he says with a laugh.

Then, when he gets home from a 16-hour shooting day, he calls for makeshift ice packs to soothe his tired muscles.

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► Michael Chiklis' character on *No Ordinary Family*, Jim Powell, was frustrated by his dead-end job as a police sketch artist when he suddenly acquires superstrength.



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Love for Diamond Rings

► Diamond Rings, P.S. I Love You help each other to international success ► Both poised for big breakout

John O'Regan remembers how impressed he was the first time he saw P.S. I Love You live.

O'Regan, otherwise known as the androgynous glam diva Diamond Rings, was taken by the Kingston, Ont., duo for a few reasons.

There was frontman Paul Saulnier and his prodigious guitar shredding — violent enough to make Jason Voorhees jealous. And then there was the fact that a two-piece

could kick up such an unholy racket.

But another, slightly more immaterial detail, stood out to O'Regan as well.

"The first show I saw, Paul was wearing track pants," O'Regan said in a recent interview from the patio of a hip Toronto cafe. "When you see them live, there's something about it that really grabs people — this idea that they're not trying to conform to any sort of pre-

scribed idea of what it means to be in a rock band, or they're not worried

about being cool."

"I see them as a completely honest,

life-affirming and powerful band. I see them as being really similar to what I'm doing, in a completely different way."

Indeed, the two seem indelibly linked.

This month marks the release of debut albums from both P.S. I Love You and Diamond Rings, who will drop his first LP, *Special Affections*, on Tuesday.

The bands will launch a joint tour the same day.

They've shared stages, they've shared space on the same pieces of vinyl and they've shared in the glow of international acclaim months before either dropped a debut record.

A Toronto-based alt-weekly even mused that perhaps they should just merge into one act: P.S. I Love Diamond Rings.

The buzz began for both groups with the release of a split seven-inch last year that featured Diamond Rings' sterling single All Yr Songs and P.S. I Love You's Facelove.

The release drew the attention of taste-making Chicago webzine Pitchfork, which raved about both tracks (albeit doing so months apart).

Both artists immediately saw their profiles grow.

"If we didn't do the split seven-inch ... we wouldn't have got the attention that we got and we certainly wouldn't have a record deal," Saulnier said.

"That was sort of a cataclysmic event. That has re-

Success?

They're not exactly living the imagined rockstar lifestyle:

► **Saulnier** While on the road, he was on the lookout for work — because, of course, the critical plaudits that both P.S. I Love You and Diamond Rings have amassed don't necessarily amount to real dollars.

ally helped our band come along and actually make it work on a large scale."

"We've been joking around that we've both been moving to opposite ends of the early '90s or something — I'm turning into Dance Mix 93 and they're Big Shiny Tunes or something," O'Regan said.

"We're both trying to write pop music but in this completely perverted opposite kind of way, but it makes sense — to us, at least. Whether anyone else gets it, I don't know, maybe not."

Adds Saulnier: "I think I like that our music is drastically different but it still has that sort of spiritual connection."

And whether they're ready for it or not, both bands today seem destined to have the indie spotlight shone on them soon. Together or apart

THE CANADIAN PRESS



► John O'Regan, of d'urbervilles and Diamond Rings.

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Divorce might cost Courteney \$50 million

► Cox-Arquette's fortune estimated at \$100M ► Arquette likely to see half of that ► Couple separated at the moment but divorce filling expected

If separated couple Courteney Cox and David Arquette decided to go all the way and get a divorce, it could end up costing Cox up to \$50 million, according to the National Enquirer.

"David is going to hit Courteney where it hurts the most — her pocket-book," a source says. "I think he will file divorce papers shortly, and that's when things will get ugly. I believe David will go for half of their \$100 million fortune."

● METRO



► Courteney Cox and David Arquette

Playboy wants Mel's ex

Playboy is reportedly desperate to get Mel Gibson's ex-girlfriend, Oksana Grigorieva, to strip down for its next issue, according to TMZ. Sources say the magazine is offering the Russian singer up to \$75,000 and would put her on the cover if she'd participate.

● METRO

Cowell and fiancée taking a 'break'

Simon Cowell and fiancée Mezhgan Hussainy are reportedly taking a "break" to deal with their rocky relationship, according to the Mail on Sunday, and Cowell's mother thinks that's exactly what they need.

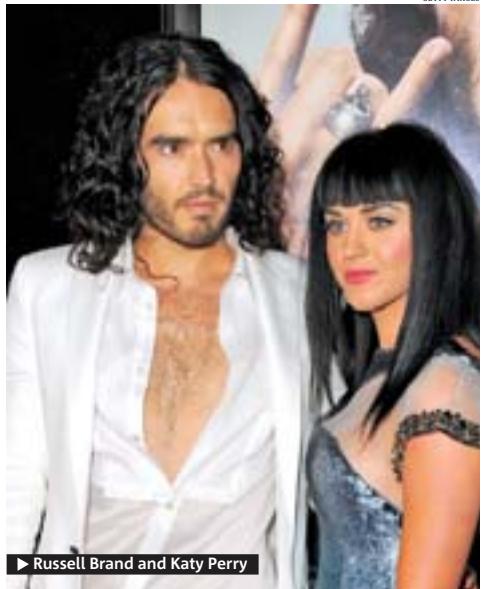
"I think (the engage-

ment) was too quick. This might give them the break they need to think it through," Julie Cowell tells the newspaper. "If you are Simon's girlfriend, let's be honest about this, you are not going to see very much of him."

● METRO



► Simon Cowell



► Russell Brand and Katy Perry

Brand buys Perry a tigress

While friends and family were likely showering Katy Perry with gifts for her Indian wedding over the weekend, it was new husband Russell Brand, appropriately, who reportedly stole the show.

After the wedding, Brand purchased a tigress

that lives in the Ranthambore National Park in northern India, according to One India.

The tigress will remain in India, but Brand will provide for its looking after on behalf of his new wife.

● METRO

Celebrity tweets



Steve Martin
[@SteveMartinToGo]

Day off on Monday; hoping to get a 24 flu. Would be so convenient, and give me something to do.



Russell Crowe
[@Russellcrowe]

I'd like to have a month made of Sundays.



Carrie Fisher
[@CarrieFFisher]

Thank you guys so much for helping me turn 54. I couldn't have done it alone. I don't look a day over 53.

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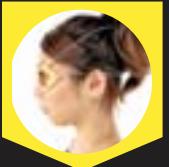
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- Carlos Leon (yes, father to Lourdes, ex of Madonna ...) and Jeff Bell launch Belleon
- It's a full body workout that's more than a few twists and jumps, it's a body bible.



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Belleon Basics

Belleon is designed as a basic one-hour circuits class followed by a series of exercises that work your entire core.

Leon and Bell take you through a six-week total body conditioning training that sees intensity increase each time.

Every week, more circuits are added as your fitness level, endurance and ability improves whereas extra cardiovascular moves are added in order to keep the heart rate high and enable fat burn. More of an urban boot camp, this is an idea for people with no time and that need to squeeze their workouts into bursts.



Belleon Body

Bell and Leon want to reintroduce you to your body.

"Once you realize working out makes you feel better, getting to know your body becomes a life-long commitment," says Leon.

Their lean, muscular physique is the living proof their method works for both men and women.

"We chisel people into shape. Their muscles become tighter, leaner, more

toned and their heart rate increases facilitating fat burn."

All of this is done without bulking you up.

Working out is the bigger picture to a happier, healthier you, so eat right, stay healthy and keep a clear mind.

Belleon nutrition

People that exercise require proper nutrition explains Leon.

"Don't think that because you are training for a marathon, you can afford to eat three plates of pasta with cream cheese. No. If you are working towards a leaner body, you need to allow your muscles to recover. A protein and whole food rich diet that including nuts, fish, tofu, eggs, raw vegetables, healthy fats and a boost of anti oxidants is ideal. Just stay away from simple sugar."

Belleon results

In just six weeks, Belleon gets you in better mental and physical shape.

The benefits? Weight loss, increased work out capacity alongside improved agility, balance and core strength, overall well-being, a sense of calm and lowered stress levels.

As the mind and the body come together, the body eventually surpasses what the mind believes are its limits.

Challenges

- Connecting with your body as one unit
- Using your own body weight for squats, lunges, press and push-ups
- Endurance achieved via circuit training C
- Increasing your flexibility in order to increase your range of movement.

Headache triggers

By nutritional therapist
Michele Kingston

Headaches can be hard to deal with and even harder to get rid of. Here are some things that can trigger on the set of headaches.

1 Hormone imbalance

Women can be prone to headaches or migraines just before their periods are due. This indicates that a hormonal imbalance is present.

2 Dehydration

Lack of water can cause headaches. Ensure you are drinking enough by monitoring the colour of your urine, if you are properly hydrated your urine will be a light yellow. Remember, tea and coffee are diuretics so they will actually dehydrate you.



3 Food allergies

Some people have intolerances to certain foods or to chemicals like MSG found in some processed foods. Others have intolerances to aspartame in fizzy drinks and these can bring on headaches or migraines.

4 Low blood sugar

A drop in blood sugar can cause a headache or migraine. To avoid this eat every three hours, avoid refined sugary products

and always have a quality protein with every meal or snack.

5 Stress/tension

Can cause restriction of blood flow to the head resulting in a headache or migraine. Try to relax your shoulders, neck, jaw and muscles and find ways to cope with your stress.

For more of Michele's tips go to: thenutrition-professional.co.uk

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SMILE RIDEAU STYLE

THAT 5KM RUN MAY BE GOOD FOR YOUR... TEETH?

Yes, you read the headline correctly. **That 5km run may be good for your teeth!**

Seems a little strange to think that could be the case. Afterall, aside from the feeling of panting for air, you may not notice your mouth too much in the middle of a run.

However, the truth is weight bearing exercises, such as walking, jogging, dancing or weight training are great for **bone density**. Good bone density is vital to avoid **osteoporosis**. And **osteoporosis** does not affect just your hip, spine or wrist. It can also affect the bones in your jaw.

The jaw bone that can be most affected is known as the **alveolar process**. This is the bone that supports our teeth. A loss of density in the alveolar bones can lead to tooth loss! In fact, studies have shown that **women who have osteoporosis are three times more likely to experience tooth loss than those without osteoporosis**.

To further complicate matters, people who have experienced a loss of bone density in the alveolar bones may then have fewer treatment options available to them to replace lost teeth. **Dental implants** have become a popular treatment option due to their durability and their natural appearance.

However, dental implants involve



Dr. Bao Nguyen
Dental Surgeon

your dentist and have appropriate x-rays taken. The good news is that your dentist should be able to use your x-ray to determine if lack of bone density is a problem for you. If so, s/he can recommend that you see your family doctor for further treatment.

Again, it is unclear if the treatment for osteoporosis is as beneficial for the jaw as it is for other bones in the body. However, given that so many more women with osteoporosis experience tooth loss, one can speculate that anything that combats loss of bone density anywhere in the body will be beneficial for the jaw bone as well.

And the **best treatment is simply a healthy lifestyle!** That means a balanced diet, including calcium and vitamin D, regular exercise, no smoking and limited alcohol intake.

It is also possible that people with osteoporosis are more susceptible to suffer from periodontitis or gum disease. The link is not entirely clear. However, **there are some studies suggesting that the loss of mineral density in the bones may leave you more susceptible to periodontal bacteria**.

Because we are dealing with the bones, there is no way to determine with the naked eye if you are experiencing a loss of density in the alveolar bones. To make such a determination, you need to **visit**

Dr. Bao Nguyen
- Dental Surgeon

Child obesity

The childhood obesity rate has risen dramatically over the last 30 years, leading to predictions that life expectancy in

Canada is set to decline for the first time in the country's history.

► **Staggering Canadian statistics** More than one-quarter of Canadian

children aged two to 17 are overweight or obese, putting them at risk for heart disease, high blood pressure and Type 2 diabetes.

THE CANADIAN PRESS

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As a first time user of electrolysis services and as a health care professional, I did a fair bit of research before deciding on Caress. Most importantly, the depth, clarity and presentation of the electrolysis process, are up front on the webpage and as explained by the providers. The trial treatment is a fabulous opportunity to experience the process prior to making such an important commitment. The attention to sterile technique builds enormous confidence. Finally, the ambience is gentle and soothing, as are the technicians. I would recommend that potential clients do their research, look around, and come running to Caress!

Michelle

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This information session is for those who may be

... suffering with chronic pelvic pain and are wondering if they may have endometriosis
... experiencing pelvic discomfort during or after sex
... have been diagnosed with endometriosis and are looking for ways to feel better
... want to get some straight answers about the impact of endometriosis on fertility

Guest Speaker

Dr. Sony Sukhbir Singh, MD, FRCSC

Assistant Professor

Director of Minimally Invasive Gynaecology

Department of Obstetrics and Gynaecology, University of Ottawa/The Ottawa Hospital

Try a spooky skull spirit for Halloween

 **PETER ROCKWELL**
LIQUIDASSETS@EASTLINK.CA

The last time I saw Dan Aykroyd he was talking wine, but seeing as we're creeping our way to Halloween this week I can't help but think of his side project: Crystal Head Vodka (\$44.98 - \$75.00).

If you've seen Indiana Jones and the Kingdom of the Crystal Skull you'll know from where Aykroyd got his inspiration. The story goes that the original thirteen skulls had some sort of mystical powers, and since Aykroyd is a fan of the supernatural, serving a neutral spirit from a human skull-shaped bottle was right up his alley.

Made in Newfoundland it's quadruple-distilled and triple-filtered through Herkimer



diamond crystals. Okay, so I really don't know what diamond filtration does for the vodka (what could it do?), but the by-product is a smooth, refined spirit with just a hint of anise-like flavour.

I can't think of a better splash of booze to support a Bloody Caesar on this up-coming All Hallow's Eve.

This product is not available everywhere (including the LCBO). But those unlucky ones can place private six-pack orders by contacting Diamond Estates at 416-488-4922.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

through Herkimer

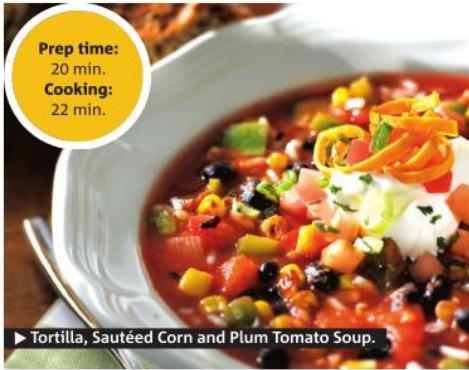
Refreshing, cool Tex-Mex starter

 **ROSE REISMAN**
LIFE@METRONEWS.CA

The garnishes for this soup make it a real Tex-Mex favorite, as well as a beautiful looking soup. It's a great starter to a main course of fajitas, burritos or quesadillas.

Tortilla, Sautéed Corn and Plum Tomato Soup

Preparation:



Prep time:
20 min.
Cooking:
22 min.

- 1 Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally, for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.

2 Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.

3 Add the tomatoes, corn-starch (dissolved in 1

Tbsp of water) and salt and pepper.

4 Simmer for 2 minutes until slightly thickened. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh

Ingredients :

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup canned corn kernels, drained
- 4 cups chicken or vegetable stock
- 3/4 cup canned black beans, drained and rinsed
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 1/4 tsp salt and freshly ground black pepper
- 2 1/2 tsp cornstarch
- 1 cup thinly sliced flavoured flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

herbs and sour cream.
Makes six servings.

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How to make your taxes less taxing

► **Alison's Money Rule:** A little tax prep now will pay dividends when filing time rolls around

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

 Death and taxes. If you wait until next April to think about the latter, the experience can be a whole lot like the former.

A little thought and preparation now can save you time and money in the new year. Here are some proactive tax tips from Cleo Hamel, senior tax analyst for H&R Block Canada.

- **Check your pay stub:** Direct deposit is convenient but errors can affect your tax situation. Look at your monthly deductions. Chloe has seen mistakes ranging from arithmetic errors to taxable benefits not shown and moving expenses paid out incorrectly.
- **Check your interest earning investments:** Some banks don't issue T5 slips for \$50 less in interest earned. And some don't provide tax slips for trades so you could be missing tax deductible investment expenses. Use your own records to list interest income and investment expenses.



► It is possible to make taxes less ... taxing.

- **Check the charity:** Before donating money this holiday season, contact the Canada Revenue Agency to ensure that charity is properly listed. Hamel notes there have been reversals of charitable contributions by the CRA in the past few years.
- **Check on your health:** If your family has known medical expenses coming up, such braces or glasses, you could get a bigger tax

benefit by loading them all into one year.

- **Check your investments:** Even though the market has risen nicely since the 2008/09 meltdown, many still have losses. Selling a losing investment (only those outside RRSPs and RRIFs qualify) provides a capital loss that can be carried back three years or carried forward indefinitely to reduce tax on capital gains.

Fun and Frugal

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TFSA: YES OR NO?

fully taxed at your marginal tax rate when funds are withdrawn.

Similar to an RRSP, Registered Pension Plan (RPP), or other non-registered plans, you can put a variety of investments within the TFSA, from GICs to stocks to mutual funds, etc. Your contribution room is also carried forward indefinitely, so if you can't contribute one year, you can make up for it the next year.

Though your contributions aren't eligible for a tax deduction, your earnings within the plan aren't taxed. So basically, your money grows tax-free, even when it is withdrawn. With a Registered Retirement Savings Plan (RRSP), however, you're

In 2009, the federal government introduced the tax-free savings account, which allows Canadians 18-years-of-age and older to save and grow their money tax-free. Each year you can contribute \$5,000. This amount will be indexed with inflation.

When you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions or interest earned.

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Struggling Sens go back to basics

► Early slump has players thinking about changing their mindsets

With the Ottawa Senators struggling to find an identity, the players believe it's time to go back to basics.

"It's being ready every time you step on the ice to go and do the right things and have a good shift," said defenceman Chris Phillips. "It's not thinking that you have to have a good game, not thinking that you have to win the game because you've lost a couple. You've got to throw the results out the window and just focus on playing your shift."

The Senators have stumbled out of the gate to a 2-5-1 record. As a whole, the players realize change is necessary, but admit trying too hard can create even more problems.

"When you're losing you start over-analyzing every play," said forward Chris Kelly. "When things are going good you just go out there and play, and when things aren't you tend to think the game more than you should. Should I be here, should I be there and most times you end up in the middle and in the wrong spot. It's not lack of effort by anyone in this room for where we are."

And where the Senators are is not pretty. With three games this week against Phoenix, Florida and Boston, they have little time to sit back.

"We're a confident group in here, that's not in the back of my mind," admitted Kelly, who has been honest in assessing the team's early play. "I know we're going to



"It seems like 1,000 games just flew by. It seems like I just got to the NHL and started playing."
SENS D-MAN SERGEI GONCHAR, WHO IS SET TO PLAY IN HIS 1,000TH NHL GAME TONIGHT.

get out of this and play the hockey that we're normally used to playing and be fine.

"After eight games you can't just go out there and panic; it's not going to help the situation. You can't go out there and do other guys' jobs. Each guy has their job to do and that's how you get out of this as a team. It's not one guy that's going to get us on the right track and I think that if that's the mentality that guys think then we're going to be in way more trouble than we are right now."

There's no denying the Senators have missed centre Jason Spezza, who has been sidelined for the past three games with a groin injury. Spezza, who skated on his own prior to yesterday's practice, is doubtful for tonight's game against the Coyotes. Head coach Cory Clouston said he's "hopeful" for Thursday.

Without Spezza, the Senators have managed just four goals in their past two games. **THE CANADIAN PRESS**

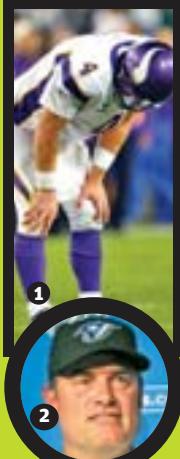


► Chris Neil of the Senators skates against the Buffalo Sabres on Saturday.

4

sports

Sports in brief



1 Minnesota Vikings QB Brett Favre has a fracture in his left ankle that could end the 41-year-old's NFL-record consecutive games streak.

2 The Toronto Blue Jays' search for a new manager is over. John Farrell is leaving his job as Boston Red Sox pitching coach to replace the retired Cito Gaston.

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► NBA preview

The challengers

► Can Miami's new Big Three stop Kobe and the Lakers from defending their crown?
 ► First LeBron and friends will have to get past the Celtics and their aging all-stars

Kobe Bryant had just finished with a Big Three when LeBron James and friends got to work building another.

Dwyane Wade soon announced he was staying in Miami, flanked by Chris Bosh, who said he was coming. The next night, James appeared on his much-publicized, heavily criticized TV special to declare his intentions of heading to South Beach.

Two days, three all-stars. Just like that, the Heat were the clear winners in July.

For now, Bryant and the two-time defending champion Lakers still own June.

"I think until someone beats the Lakers, the Lakers is the team to beat. I don't care how stacked the team is," Hall of Famer Michael Jordan said. "That's the thing about being champions. Until you get knocked off of that hill, you're still the champions."

The new Heat make their debut in the NBA season opener tonight against the Boston Celtics, who brought back their trio of Kevin Garnett, Paul Pierce and Ray Allen, then added even more age when they signed Shaquille O'Neal.

And O'Neal has a message for his former fans in Miami: Older is definitely better.

"Everyone wants to talk about the young team, but in the last 10 years, I think I've been there four times. I haven't seen a young team there yet," O'Neal told reporters after a pre-season game in Hartford, Conn.

"You guys, every time you see young people get together, you automatically give it to them. But studies show, it's documented the last 10 years, no young team has either won it or even been there."

Miami could be the team to change that. James is the two-time reigning MVP, Wade is a former scoring champion who was MVP of the 2006 NBA finals, and former Raptor Bosh is one of the best big men in the league. They were friends who came into the league together as top-five picks in the 2003 draft and teammates on the U.S. Olympic that won gold in 2008.

They went on the market together to head the most hyped free agency



ETHAN MILLER/KEVIN C. COX/RONALD MARTINEZ/GETTY IMAGES

Storylines



Battle of the No. 1 picks

ROOKIES. The Rookie of the Year race could come down to the last two No. 1 draft picks: The Clippers' Blake Griffin, who missed last season with an injury, and Washington's lightning-quick point guard, John Wall.

"The guy's really good, probably one of the fastest, most physically gifted players that we'll have in the league," Knicks coach Mike D'Antoni said of Wall. "I hope he never learns to shoot real well, because then he'll be unguardable."

THE ASSOCIATED PRESS

The Carmelo sweepstakes

TRADE? Star forward Carmelo Anthony has been the subject of trade speculation ever since he spurned a three-year, \$65-million US extension with the Denver Nuggets in June.

The Nuggets were close to sending Anthony to New Jersey last month. Now, the New York Knicks appear to be the front-runners if they can put together an acceptable package to take Anthony to the Big Apple.

THE ASSOCIATED PRESS

Last shot for the Spurs?

AGING. If the San Antonio Spurs are going to win a fifth championship, Tony Parker says this season is the last chance for this group.

After years of Tim Duncan and the Spurs batting down the predictable are-they-too-old questions every October, is San Antonio really down to its final shot?

"We are probably not the No. 1 favourites," Spurs guard Manu Ginobili said. "But heading into the playoffs we can beat anybody. Nobody's that much better than us."

THE ASSOCIATED PRESS

24

Number of minutes per game the Houston Rockets will limit Yao Ming to as the seven-foot-six centre returns from an injury that cost him all of last season.

coup, the finals MVP provided only a ho-hum, "Wow, how did Pat Riley pull that (expletive) off? Impressive."

Riley did it because his

three stars all accepted less than allowed, leaving the Heat with enough money to re-sign Udonis Haslem and ink Mike Miller, equipping them with a top bench, as well.

Los Angeles also got stronger with the signings of Steve Blake and Matt Barnes. Phil Jackson returned to try for a fourth three-peat, which would allow Bryant to tie Jordan with six titles.

There are other contenders. The Celtics were minutes away from an

18th title last season before Los Angeles rallied for an 83-79 victory in Game 7. Orlando has won 59 games each of the last two seasons, and the West is deep in potential threats to the Lakers' reign.

Fresh off winning MVP honours after leading the U.S. to the gold medal at the world championship, Oklahoma City's Kevin Durant was voted by general managers as their pick to win the NBA's MVP award this season.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Tampa Bay	8	5	2	1	0	27	27	11	2-3-1-0	3-1-0-0	5-2-1-0	L1
d-Pittsburgh	9	5	3	1	0	27	20	11	2-3-0-0	3-0-1-0	5-3-1-0	L1
d-Toronto	7	4	2	1	0	20	18	9	2-1-1-0	2-1-0-0	4-2-1-0	L3
Washington	8	5	3	0	0	23	21	10	4-1-0-4	1-2-0-0	5-3-0-0	W1
NY Islanders	8	4	2	1	1	26	23	10	2-0-0-1	2-2-1-0	4-2-1-1	L1
NY Rangers	7	4	2	1	0	22	20	9	1-1-1-4	3-1-0-0	4-2-1-0	W3
Montreal	7	4	2	1	0	17	16	9	1-1-1-4	3-1-0-0	4-2-1-0	W1
Boston	6	4	2	0	0	18	11	8	1-2-0-0	3-0-0-0	4-2-0-0	L1
Carolina	7	4	3	0	0	21	21	8	1-0-0-0	3-3-0-0	4-3-0-0	W1
Atlanta	8	3	4	1	0	23	29	7	1-2-0-0	2-2-2-0	3-4-1-0	L3
Philadelphia	8	3	4	1	0	19	21	7	2-3-0-0	1-1-0-1	3-4-1-0	L1
Buffalo	9	3	5	1	0	24	24	7	0-4-1-0	2-2-0-0	3-3-0-0	W1
Florida	6	3	3	0	0	17	12	6	2-1-0-0	1-2-0-0	3-3-0-0	W1
Ottawa	8	2	5	1	0	16	26	5	1-2-0-0	1-3-1-0	2-5-1-0	L1
New Jersey	9	2	6	1	0	15	30	5	0-4-1-0	2-2-0-0	2-6-1-0	L2

WESTERN CONFERENCE

Not including last night's games

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Nashville	8	5	0	3	0	21	17	13	2-0-3-0	3-0-0-0	5-0-3-0	W2
d-Dallas	7	5	2	0	0	24	17	10	2-1-0-4	3-1-0-0	5-2-0-0	L1
d-Calgary	8	5	3	0	0	21	17	10	3-1-0-4	2-2-0-0	5-3-0-0	W2
Detroit	7	5	1	0	1	23	18	7	3-0-0-1	2-1-0-0	5-1-0-1	W4
Chicago	10	5	4	1	0	29	28	11	2-1-1-0	2-1-1-0	5-1-0-1	L2
Los Angeles	7	5	2	0	0	22	17	10	3-0-0-0	2-2-0-0	5-2-0-0	W1
St. Louis	7	4	1	1	1	19	14	10	4-0-0-0	0-1-1-1	4-1-1-1	W2
Columbus	8	5	3	0	0	20	22	10	3-2-0-0	2-1-0-0	5-3-0-0	W2
Colorado	8	4	4	0	0	25	29	8	3-2-0-0	4-4-0-0	4-0-0-0	L2
Vancouver	8	3	3	0	2	20	21	8	3-0-0-1	0-3-0-1	3-3-0-1	W1
Minnesota	7	3	3	0	1	21	18	7	2-2-0-4	1-1-0-1	3-3-0-1	L1
San Jose	7	3	3	1	0	19	21	7	1-2-0-4	2-1-1-0	3-3-1-0	W1
Anaheim	9	3	5	0	1	21	33	7	2-0-1-0	1-5-0-0	3-5-0-1	L1
Phoenix	6	2	2	0	15	16	6	1-1-2-0	1-1-0-0	2-2-2-0	L1	
Edmonton	6	2	4	0	0	15	21	4	2-2-0-0	0-2-0-0	2-4-0-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Columbus 2 Philadelphia 1

Phoenix at Montreal

Los Angeles at Minnesota

Sunday's results

Calgary 4 San Jose 0

Nashville 4 Tampa Bay 3

NY Rangers 3 New Jersey 1

Tonight's games

(All times Eastern)

Florida at Toronto, 7 p.m.

Buffalo at Philadelphia, 7 p.m.

Kings at Los Angeles, 8:30 p.m.

New Jersey at San Jose, 10:30 p.m.

Phoenix at Ottawa, 7:30 p.m.

Edmonton at Calgary, 9 p.m.

Anaheim at Dallas, 9 p.m.

Colorado at Vancouver, 10 p.m.

F.J. James Johnson.

MIAMI HEAT — Waived F Da'Sean Butler and G Patrick Beverley.

MILWAUKEE BUCKS — Exercised their third-year contract option on G Brandon Jennings.

Waived F Brian Skinner.

Phoenix 2 Philadelphia 1

Anaheim 3 Colorado 2

Dallas 2 Atlanta 1

Phoenix 2 San Jose 1

Vancouver 2 Los Angeles 1

Edmonton 2 Buffalo 1

Montreal 2 Kings 1

Philadelphia 2 Kings 1

Phoenix 2 Kings 1

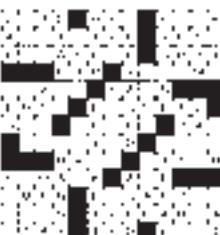
Crossword

Across
 1 Gunshot sound
 5 Salamanders
 9 Discoverer's cry
 12 Small
 13 Lotion additive
 14 Lair
 15 Edge
 17 Moving vehicle
 18 Ivory source
 19 Eighth Greek letter
 21 Allegle
 24 Fictional sleuth
 Charlie
 25 Lends a hand
 26 Invoice add-on
 30 Dallas NBA'er, for short
 34 They have their ups and downs
 32 Luau music provider
 33 Ready
 35 Smile
 36 To laugh (Fr.)
 37 Sports venue
 38 Performed
 40 Hamburg's river
 42 Mainlander's memo-
 mento
 43 Supporters of a cause
 48 Picks out of a lineup
 49 Regrets
 50 Helpless?
 51 Shirt shape
 52 Disarray
 53 TV trophy

Down
 1 Squeezing snake
 2 Toss in
 3 Thanksgiving mo.



► Yesterday's answer



Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 It's no big deal that different people see things in different ways — not unless you choose to make it a big deal. Don't think of today's clash of opinions as a threat.

Taurus April 21-May 21 Go your own way and do your own thing and ignore those who disapprove of your desire to be free of restrictions. Quite clearly they are jealous of your ability to come and go as you please.

Gemini May 22-June 21 Be calm, be confident and be ready to drop whatever you are working on if a more interesting project presents itself. Devote your time and energy only to what is important to you.

Cancer June 22-July 22 There is nothing you cannot do. No task is too big for you. There will, of course, be those who say you are biting off more than you can chew but, if anything, you have been too restrained of late.

Leo July 23-Aug. 23 If you need to make changes to your everyday routine now is the time to get serious about them. So get started and before you know it your work will be done.

Virgo Aug. 24-Sept. 22 Don't tie yourself down to one location or one group of people today because you will quickly get bored. Get out and about and meet new people and explore new experiences.

Libra Sept. 23-Oct. 23 If you find yourself thinking about the past it is probably because there are still issues that have not been resolved. You won't be able to move on from those thoughts until you deal with those issues once and for all.

Scorpio Oct. 24-Nov. 22 Don't waste time and energy on things that bore you. No one can force you to conform, so go your own way and do your own thing.

Sagittarius Nov. 23-Dec. 21 No matter how difficult a task may look you can make a success of it. The only thing that is holding you back from trying is self-doubt, but that will disappear the moment you start to take action.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today



Wednesday



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my most awesome boyfriend Jonathan. You are the best thing that happened to me. I love you more than anything.
LOVE ALWAYS, YOUR NERD :P

Mitch. Since the day I met you I've come to learn what true love means I hope that we spend our lives together with our friends and family happy 2 year. LOVE QUILL

To: chocolate[BAR]
Happy Birthday! May you be blessed with all the applesauce and gugenheim you can devour.

LOVE, [MLA]FORMAT

Amanda, You know your Smart, Pretty, and Petite. I find myself looking at my phone whenever Sexy Back plays, wishing it was your name on the screen. You don't deserve the stress I created. Im sorry. All the best at school today. I miss hearing about your day. RICHARD



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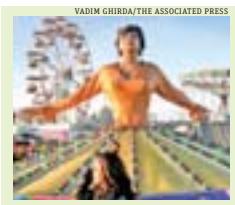
Caption contest



"Crystal Ball ... will I ever beat Nadal again?"
JENNIFER

You
write it!

WIN!
Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



"I'm not afraid of heights!"
VADIM GIRDIA/THE ASSOCIATED PRESS

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Varadero

Allegro Varadero • 3★

All-Inclusive • Superior rm.
Jan. 8-22 • 1 wk.

\$549

+Taxes & other fees
(including service charges): \$222
Departure tax: 25 CUC cash, paid locally

Varadero

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Dec. 25 • 1 wk.

\$1299

+Taxes & other fees
(including service charges): \$222
Departure tax: 25 CUC cash, paid locally

Santa Clara

Royal Hideaway Ensenachos • 5★

All-Inclusive
Royal spa premium rm.
Dec. 19 • 1 wk.

\$1499

+Taxes & other fees
(including service charges): \$222
Departure tax: 25 CUC cash, paid locally



FLIGHTS VIA TORONTO

DOMINICAN REPUBLIC

Puerto Plata

Casa Marina Beach & Reef Resort • 3 1/2★

All-Inclusive
Standard garden view rm.
Nov. 5 - Dec. 10

\$459

+Taxes & other fees
(including service charges): \$325

MEXICO

Puerto Vallarta/ Riviera Nayarit

Buenaventura Grand Hotel & Spa • 4★

All-Inclusive • Deluxe rm.

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Nov. 30, Dec. 1, 2 & 4 • 3 nts.

\$599

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(including service charges): \$142

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